



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – FALL 2017

PE2420 (B2): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) 45 Hours

INSTRUCTOR: Julia Dutove, Ph.D. **PHONE:** 780-539-2974
OFFICE: K220 **E-MAIL:** jdutove@gprc.ab.ca

OFFICE HOURS: Monday 11:30am-12:30pm, Tuesday 1:00-2:00pm, or by appointment

CALENDAR DESCRIPTION: The course examines the fundamental principles of nutrition and the effects it has in society, athletic performance and physical education. It includes an analysis of practical and theoretical concepts of nutrition and the effects that dietary intake has on exercise, body composition and athletic performance.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Dunford, M., & Doyle, J. A. (2015). *Nutrition for sport and exercise* (3rd ed.). Belmont, CA: Cengage.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, scenarios, in-class worksheets, exams, and nutritional analysis.

COURSE OBJECTIVES:

1. To provide students with a learning environment conducive to discussion, analysis, and synthesis of new nutrition and exercise information.
2. To increase knowledge specific to relevant nutritional claims.
3. To explain physiological interactions between various macro and micronutrients and express interactions in the form of exercise demands
4. To differentiate between scientifically supported claims and other claims in the nutritional field.
5. To introduce and explore exercise training principles, basic sport nutrition guidelines, methods of energy expression, energy systems, and the relationship with nutrition practices.

LEARNING OUTCOMES:

1. Students will develop a basic knowledge of the functions of the major nutrients.
2. Students will work to clarify basic interactions between dietary intake, exercise, and body composition.
3. Students will be able to critically evaluate claims about nutrition and food products.
4. Students will explore the role of nutrition in exercise and athletic performance.
5. Students will be able to effectively develop a working knowledge of key concepts such as Dietary Reference Intakes and calculating such concepts as the Total Daily Energy Expenditure.
6. Students will demonstrate competency in tracking and analyzing nutritional practices for the purposes of critical reflection.
7. Students will work to critically analyze own and others nutritional practices and increase competence to make recommendations

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Midterm #1	15%	Tuesday September 26
Midterm #2	15%	Tuesday October 24
Dietary Analysis	40%	Sept 21, Nov 7, & Dec 5
Final Exam	30%	During Finals: December 9-19

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays & Thursdays: 4:00-5:20pm (J201)

Note: This is a tentative schedule and may change based on our progress as a class. Any changes will be communicated in class and on Moodle.

Date	Topic	Readings
Week 1 Aug 31	Course outline and introduction	
Week 2 Sept 5/7	Introduction to nutrition & nutrition research	Chapter 1
Week 3 Sept 12/14	Defining and measuring energy	Chapter 2
Week 4 Sept 19/21	Energy systems & midterm review September 21: Dietary Analysis Part 1 due	Chapter 3
Week 5 Sept 26/28	September 26: Midterm #1 Carbohydrates	Chapter 4
Week 6 Oct 3/5	Carbohydrates & proteins	Chapter 4 & 5
Week 7 Oct 10/12	Proteins & fats	Chapter 5 & 6
Week 8 Oct 17/19	Fats, food guides, & midterm review	Chapter 6
Week 9 Oct 24/26	October 24: Midterm #2 Hydration	Chapter 7
Week 10 Oct 31/Nov 2	November 2: No class (PEAK Student for a Day) Hydration	Chapter 7
Week 11 Nov 7/9	Diets & vitamins November 7: Dietary Analysis Part 2 due	Chapter 8
Week 12 Nov 14/16	Vitamins & minerals	Chapter 8 & 9
Week 13 Nov 21/23	Minerals & athlete needs	Chapter 9 & 10.1, 10.2, 10.5
Week 14 Nov 28/30	Supplements	Chapter 10.3, 10.4, 11.5
Week 15 Dec 5/7	Eating disorders/disordered eating December 5: Dietary Analysis Part 3 due Final exam review & potluck (Dec 7)	Chapter 12

STUDENT RESPONSIBILITIES:

- All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 4 days late. After 4 days late, assignments will not be accepted. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:**Dietary Analysis:**

The purpose of this project is to learn how to analyze dietary intake and provide recommendations in different situations. This project will have three parts due throughout the semester.

Exams:

Each midterm will cover 3-5 chapters and related content from those lectures and labs. The final exam will cover all material (lectures and labs) but with a heavier emphasis on the content from after midterm #2.